BASEBALL
NEW SOUTH WALES

The Pitch

This Month

NSW Open Women's State Team - Coaches Announced

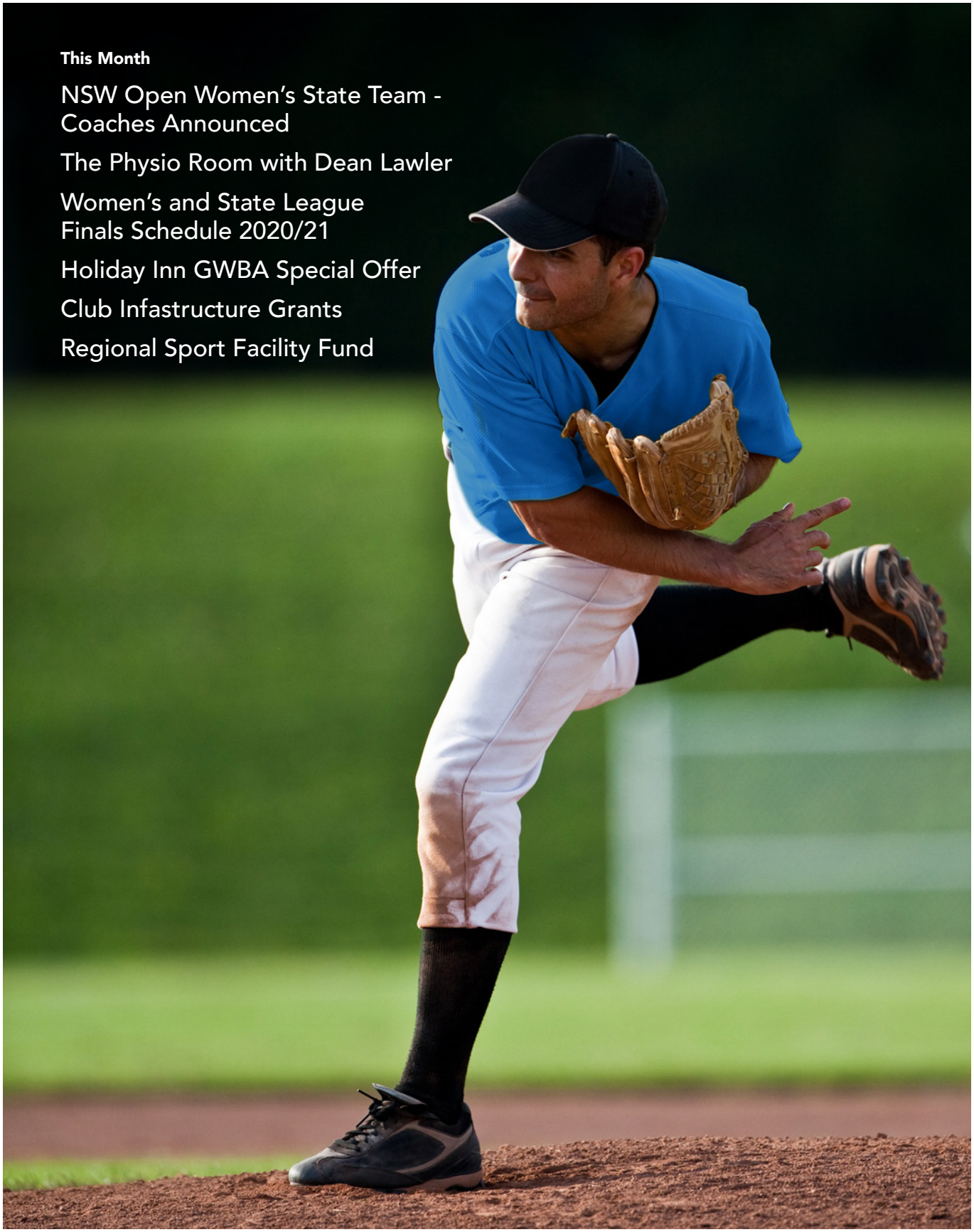
The Physio Room with Dean Lawler

Women's and State League Finals Schedule 2020/21

Holiday Inn GWBA Special Offer

Club Infastructure Grants

Regional Sport Facility Fund



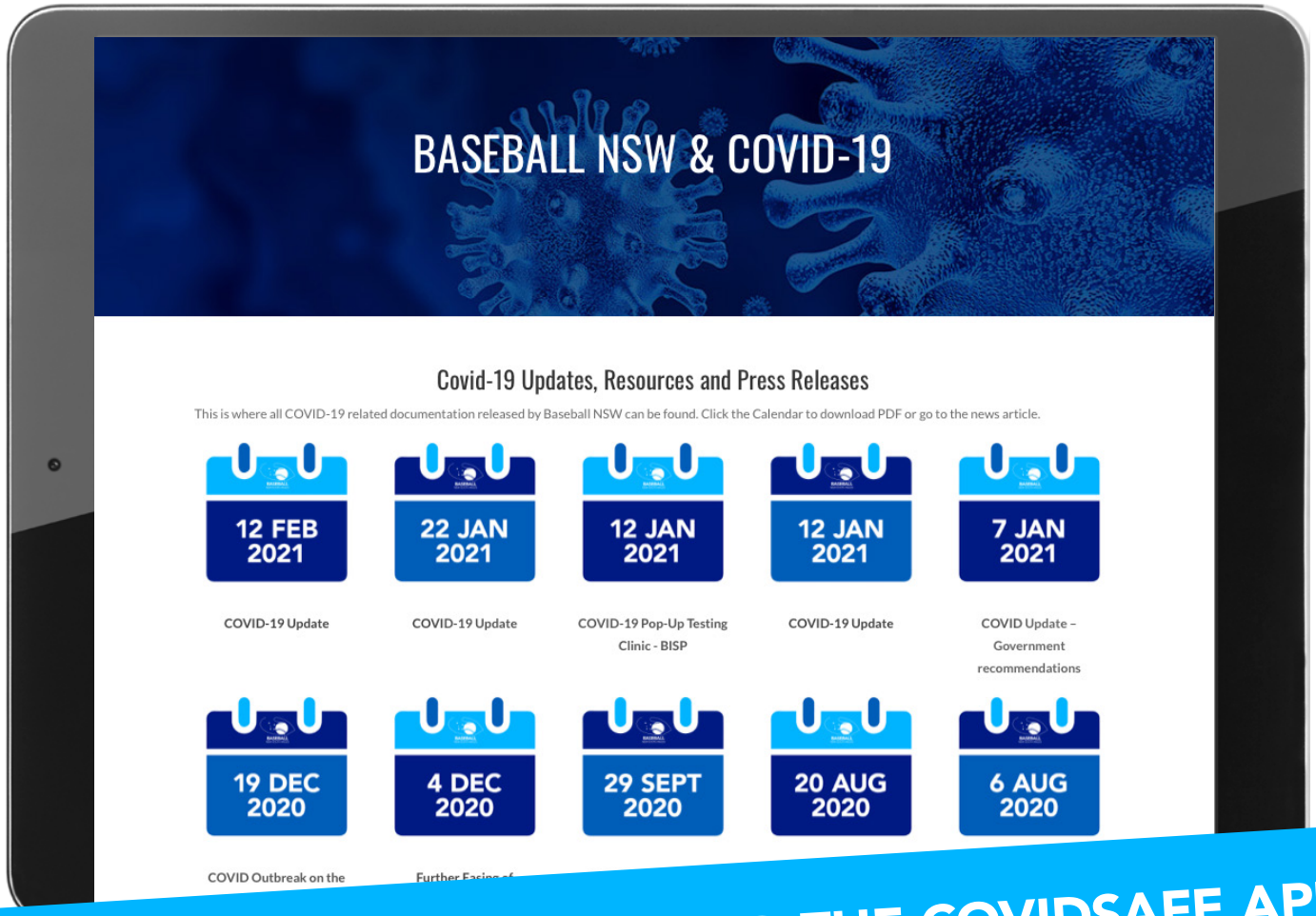
BNSW COVID-19 Announcement & Resource page

Don't forget that Baseball NSW have put all the latest COVID-19 announcements and resources into one easy to locate place.

It can be found on the Baseball NSW website and is updated whenever there is new news and update.

CLICK HERE TO READ MORE

BASEBALL
NEW SOUTH WALES



CLICK HERE TO DOWNLOAD THE COVIDSAFE APP

Recognising Hard Work
BNSW Monthly Award Nominees

Coaches:

David Martyn – Castle Hill Knights
Such a great inspiration to his team. Whenever I see him with his team, whether they won or not, the whole team is happy, just a great coach in the club.

Rick Price – Blacktown Workers Baseball Club
As a coach, Rick works hard to adapt to the whole team's abilities and skill level. He adapts training sessions to include everyone's schedules. He is a great leader and coach.

Simon Morley – Greenway Giants
Mostly brand new girls to baseball and has started from scratch with them. Not once has he been angry with their many many many mistakes. Total encouragement.

Craig Cauldron – St George Junior Baseball Club
He is a fantastic coach, he is dedicated to the team and pushes them to be the best they can be. Without him, the team would not be as good as they are.

Brenden Mackie – Blacktown Workers Baseball Club
Commitment to coaching women's baseball for many years and never a negative comment made toward a player, umpire or opposing team. Great influence on women's baseball.

Scott Gately – MacKillop Baseball Club
My husband works long hours, trains and plays baseball himself. He volunteered to be a coach on my daughter's team this season and the kids all adore him! He has been able to develop many all of the kids in our side. All the kids look up to him and not only see him as a coach, but a mentor and a lifetime friend. The kids have all come leaps and bounds this season due to Scott's tutoring and willingness to go the extra mile. He even helps and assists when the parents ask for baseball tips and tricks to work on at home.

Scorers:

Linda Matheson – Greenway Giants
Dedication every week to scoring for us. A difficult and thankless job but the most necessary.

Karen Callaghan - Mt Druitt Lions
Always there to help any team requiring a score and always willing to teach new scorers.

Umpires:

Jeff Craft – Bankstown Sports Baseball Club
Jeff always gives 150% to make sure there is coverage.

He is the club president, groundskeeper, does the draw for the association and umpires. He is a very busy man and deserves recognition for his hard work in this very challenging time.

The 1 guy who keeps the club wheels turning, constantly mowing grass sorting out dirt and ensuring all games go-ahead to the best of his ability, our club literally owes him everything.

Volunteers:

Ashley Galiston – Kings Langley
Ashley is the reason our club plays every week, as a sole groundsman, he works his butt off to prepare all the diamonds, even puts his health on the line.

Steve 'Magic' Vescio – Pittwater Baseball Club
Steve can always be counted on to assist with training, working bees and on game day. He recently worked twelve-hour days to install lighting for our new batting cages in time for our hitting clinic with Manny Ramirez and Rachel Balkovec. He donated all materials and labour to ensure the project was completed on time.

Recognising Hard Work
BNSW Monthly Award Nominees

Volunteers (cont.)

Paul O'Neill – Ryde Baseball Club
My daughter plays for Baulkham Hills in the Women's 1st Grade and last Saturday they played Ryde at ELS. I knew Paul did heaps for the club. He is the groundskeeper...then we rocked up he is doing the BBQ....then he is getting the girls ready for the game as he is the coach then it's back in the canteen and prepping ground for State League games. Paul has also helped out as coach with Pete Huish for NSW Country in previous years. So, I believe he deserves recognition for his dedicated hard work.

The Carlo Groundcrew (Jason, Mark, Denis, Brett, et al) – Carlingford Baseball Club
We've got a fantastic group of guys who take great pride in presenting our grounds to the best of their ability, embrace the community spirit of our club and are always keen to welcome new faces. They're the heart and soul of our club.

Jeffery Craft - Bankstown Sports Baseball Club
Jeff is club president, accredited coach, accredited umpire, assistant rep coach, goes above and beyond for his community and baseball club day, night, rain or shine Jeff is always at the field to ensure the grounds are safe and playable. He puts an extraordinary amount of effort in at his own expense.

Stephen Dredge – Kellyville
He is everywhere, coach/secretary/Blue Sox volunteer/umpire & fan. Doesn't miss a beat.

Ben Sweetnam – Baulkham Hills
A significant amount of support and service to not only the juniors of the club, but also the State League squads.

Laurie Barnes – Arncliffe Scots Baseball Club
Laurie, who is the current president, is always working tirelessly at the grounds, whether that be helping develop and impart knowledge or always looking to improve the grounds at Phil Austin.

Brenda Franks – Mets Baseball
Brenda works tirelessly for both Mets and MacArthur as a scorer, publicity officer and all-around promoter of baseball. She works hard to ensure that games are scheduled so all players can play and no one at any level misses out. She devotes and encourages skills development of all levels of players.

Daryl Trezise – Eastern Suburbs Dolphins
Since introducing his children to Baseball in 1992 Daryl had formed Eastern Suburbs Junior Baseball and been the driving force behind its growth and strength as an organisation. Daryl still takes on a huge role as club Registrar and Tee Ball Coordinator/Manager and various other duties.

Owen Taluata – Ryde Baseball Club
Owen is the quiet achiever not only for our Club but helping other Clubs in setting-up live streaming of their games. His hours and hours of work behind the scenes and cameras has resulted in a highly professional live streaming product that rivals the professional baseball streams from the ABL. He is also our Club president and has secured valuable sponsorship dollars. He is gentleman and statesman and seeks no acclaim or credit just enjoys the pleasure of a job well done for his Hawks and baseball.

BNSW Game Day Pics
2021 February entries

Photo by Peter Spanidis 'The Cheer Squad'

Photo by Cronulla Sharks Baseball 'ALL IN'

Photo by Glen Robertson
'These new cleats are pretty sweet'

Photos by Cronulla Sharks Baseball - Above Left: 'Made the cut,' Above Middle: 'Round-12-MVP,' Above Right: Ready Aim Fire'

Photo by John Peacock - 'Our smallest and youngest players batting and catching'

Photo by Cronulla Sharks Baseball 'Almost got him out'

Photo by Cronulla Sharks Baseball - Bottom Left: 'United We Play, United We Win,' Bottom Middle: 'OUT'

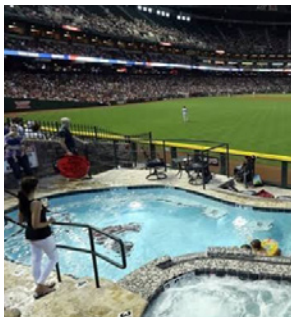


Photo by #mrshairocks100
'Sydney Blue Sox water feature'

Congratulations to the BNSW Monthly award winners!

A huge thank you to our nominees and all your hard work. We value all our members and it is for that reason we want to see more of YOU being acknowledged for all your hard work, all year round! Keep the comments and nominations coming in!

To vote for someone who deserves recognition CLICK HERE

Coach: Scott Gately (MacKillop Baseball Club)

Umpire: Jeff Craft (Bankstown Sports Baseball Club)

Volunteer: Daryl Trezise (Eastern Suburbs Dolphins)

Scorer: Linda Matheson (Greenway Giants) and Karen Callaghan (Mt Druitt Lions)

Monthly Game Day Photo Winner

Congratulations to our #NSWGameDayPic winner this month. Cronulla Sharks Baseball 'Ready-Aim-Fire' which was Photo #1

Entries are now open for next month's **#BNSWGameDayPics.**

Send in your favourite photo through Facebook Inbox to be in with a chance to win!

NSW Open Women's State Team - Coaches Announced

Baseball NSW is pleased to announce that the coaching positions on the NSW Women's Open teams have been filled, and would like to congratulate those that have been award positions on the respective teams.

NSW Metro Team

Manager – John Gaynor

Assistant Coach – Peter Neads

Pitching Coach – Phil Gruppelaar

Development Coach – Rodger Morris

EO – Paul Bunker

NSW Country/ACT Team

Assistant Coach – Ross Baker (Illawarra)

Assistant Coach – Karina Connors (Far North Coast)

2021 Representative Events – Dates & Venues Announced

Baseball NSW is pleased to announce that the dates and venues for the 2021 Representative events have been confirmed.

We'd like to thank the associations for their support and look forward to another captivating year of representative baseball from our young superstars.

Event	Date	Host	Venue
Rookies	28/02/2021	Ryde Hawks Baseball League	Greenway Giants Baseball Club
Junior and Intermediate League	02/04/2021 - 05/04/2021	Manly Warringah District Baseball Association	Aquatic Reserve
Senior League	08/04/2021 - 11/04/2021	Baseball NSW	Blacktown International Sportspark
League Age 10-11 and Little League	15/04/2021 - 18/04/2021	Greater Western Baseball Association	Peter Van Hasselt Park

The Physio Room
with Dean Lawler

Pitching and Mobility – The Thoratic Spine

Pitching is generally regarded as one of the most dynamic activities in all of sport. The rotational forces and whole-body sequencing and timing that needs to occur to effectively and repetitively be successful at it, is truly remarkable.

The phases of pitching consist of:

1. Wind-up
2. Stride
3. Arm Cocking
4. Arm Acceleration
5. Arm Deceleration
6. Follow-through

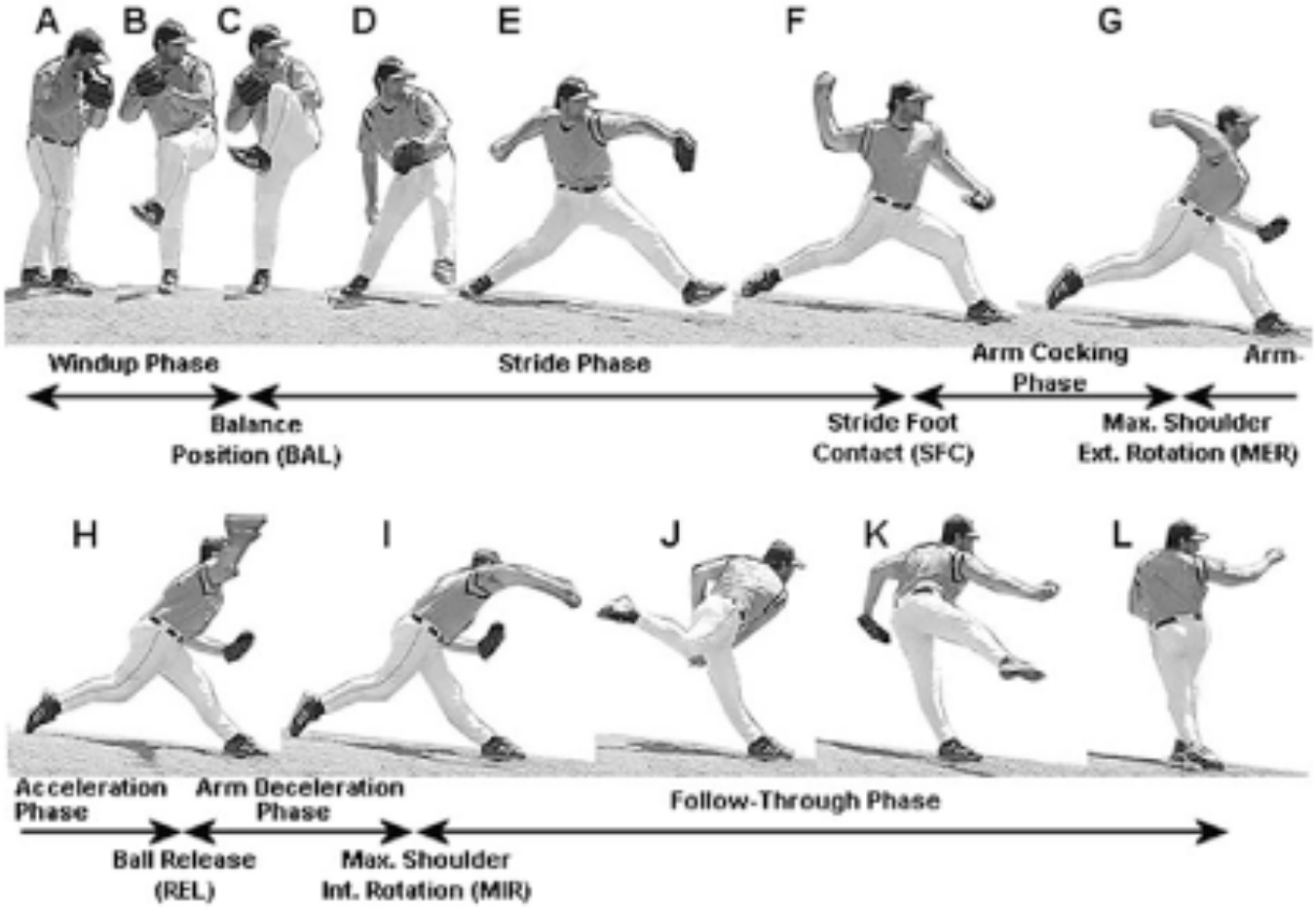


Figure 1: The critical events and phases in baseball pitching motion. Image credit: Yungchien Chu, G. Fleisig, K. Simpson, J. Andrews Published in Journal of applied biomechanics 2009

The Physio Room
with Dean Lawler Continued...

Due to the repetitive, high demand of pitching, injuries are an inherent risk. In addition, it is well recognised that each phase, as described above, has its own injury occurrence rates and the type of injuries sustained.

The pitching motion can vary greatly amongst pitchers, particularly when you consider "arm slots", but all pitchers who are effective over a long period of time share these common mechanics. A great pitching delivery is truly a masterpiece of rhythm and coordination. It is all about doing this effectively and efficiently. It must be done in a finely tuned sequence, one after the other with minimal overlap, for the summation of forces to be maximised, and for the pitcher to get the most out of his or her body.

Ok, now to the less boring part. I am big on mobility in pitchers/throwers. Some will require more hip mobility while others rely on more thoracic mobility. You need both to pitch, period. I have spoken at length with former Seattle Mariners Major League Pitcher Ryan Rowland-Smith about thoracic mobility, and just how vitally important it is. He is a massive fan and advocate for thoracic mobility in his coaching programs.

Before we go on any further let us discuss where it is. The thoracic spine starts at the base of your neck and extends to the bottom of your rib cage. Mobility in this region of your body will help generate and dissipate forces and stress in the shoulder and elbow and thereby improve your overall arm health.

What I have seen over the many years of clinical practice, that is a growing area of concern, is the lack of mobility or poor mobility in young overhead athletes, especially pitchers. This appears to coincide with the ever-increasing availability of technology that young kids and adolescents have access to. The smartphones and other entertainment devices are having an impact on their posture and this in turn is affecting their thoracic mobility. This issue is not just happening in baseball. It's happening across multiple sports.

So basically, less than optimal thoracic mobility and for that matter (hip mobility) can affect force production, force transfer, and force dissipation. Essentially, you are less effective, and less efficient. Over a prolonged period, your body, namely your elbow and shoulder will wear the brunt of this!

The Physio Room
with Dean Lawler Continued...

Athletes: What you can do

1. Get Screened. See a suitable qualified physiotherapist who has an interest and understanding of pitching mechanics, that can assess your mobility before issues arise. They can develop a mobility program specific to your needs.
2. Get Strong. You cannot go wrong by being strong. A well-designed and specific strength and conditioning programme can be of great benefit. You will hear this a lot from me!! Any sports that is this ballistic in nature, you need to remain strong.
3. Stay Mobile. Mobility is huge as is stability. A deficit in one or the other will hinder performance and excessively load your elbow and shoulder to compensate. There is a plethora of exercises for thoracic mobility online such as Wall Rotations, Kneeling Rotations, Threading the Needle and Side-lying Rotation.

Parents: What you can do

1. Be observant. Limit their amount of time in front of the screen or on their devices. Set boundaries. Simply reduce the amount of time that they will fall into a bad postural position.
2. Cross-Train. Cross training in the off season with a complimentary sport. Any sport that encourages a reversal (opposition direction) of their posture is highly beneficial. Keeps them active and moving as well.
3. Prescribed Exercises. Ok. I get it! I have one (a 14-year-old), who hates doing his exercises, purely as he does not see the relationship between the exercise and the long-term benefits. This is about Prevention!! Make them understand and accountable. No exercises, No play. Period. If you are paying for physio or osteopathy or whatever and they are not doing their prescribed exercises, then they do not play! Period. They will soon do their exercises.

Got any specific questions you would like answered. Shoot me an email at: thebaseballphysioroom@gmail.com

State and Women League Update & Standings

With two rounds to go in the regular season, things are heating up in the respective competitions with several teams fighting their way into finals contention, which will take place between the 3rd - 21st of March at Blacktown International Sportspark.

To follow your team's progress in the final games of the regular season, and for the final series schedules, use the links below:

State League - Click here

State League Final Series Schedule - Click here

Women's League - Click here

Women's League Final Series Schedule - Click here

NSW Womens Baseball League 1st Grade

Position	Team	GP	W	D	L	RF	RA	RD	W%	GBH
1	Greenway Giants Baseball Club	8	7	-	1	75	30	45	0.875	-
2	Baulkham Hills Baseball Club	9	5	2	2	88	45	43	0.667	1.5
3	Blacktown Workers	8	4	2	2	73	38	35	0.625	2.0
4	Ryde Hawks Baseball	8	3	2	3	56	57	-1	0.500	3.0
5	Macarthur Orioles	11	-	-	11	30	152	-122	-	8.5

NSW Womens Baseball League 2nd Grade

Position	Team	GP	W	D	L	RF	RA	RD	W%	GBH
1	West Sydney Boomers	12	12	-	-	155	42	113	1.000	-
2	Blacktown Workers Red	13	9	-	4	148	108	40	0.692	3.5
3	Cronulla Sutherland Baseball Club	11	7	-	4	98	74	24	0.636	4.5
4	Blacktown Workers Black	12	6	1	5	97	110	-13	0.542	5.5
5	Penrith Leopards	15	7	2	6	135	118	17	0.533	5.5
6	Kellyville Fillies	14	6	2	6	104	112	-8	0.500	6.0
7	Manly Warringah District Baseball Club	12	4	1	7	104	110	-6	0.375	7.5
8	Macarthur Orioles	11	4	-	7	64	98	-34	0.364	7.5
9	Penrith Jaguars	11	2	2	7	73	116	-43	0.273	8.5
10	Greenway Giants Baseball Club	13	1	-	12	45	135	-90	0.077	11.5

State League Standings 1st & 2nd Grade

NSW State Baseball League 1st Grade										
Position	**Team**	**GP**	**W**	**D**	**L**	**RF**	**RA**	**RD**	**W%**	**GBH**
1	Baulkham Hills Baseball Club	21	18	-	3	144	53	91	0.857	-
2	Blacktown Workers	24	15	-	9	129	75	54	0.625	4.5
3	Canterbury Vikings	20	12	-	8	126	109	17	0.600	5.5
4	Central Coast Marlins	24	14	-	10	160	150	10	0.583	5.5
5	Ryde Hawks Baseball	21	12	-	9	126	111	15	0.571	6.0
6	Cronulla Sutherland Baseball Club	25	12	1	12	138	122	16	0.500	7.5
7	Macarthur Orioles	21	9	2	10	110	93	17	0.476	8.0
8	Manly Warringah District Baseball Club	22	4	1	17	86	156	-70	0.205	14.0
9	Greater Western Baseball Association	20	1	-	19	42	192	-150	0.050	16.5

NSW State Baseball League 2nd Grade										
Position	**Team**	**GP**	**W**	**D**	**L**	**RF**	**RA**	**RD**	**W%**	**GBH**
1	Manly Warringah District Baseball Club	10	8	-	2	47	32	15	0.800	-
2	Baulkham Hills Baseball Club	9	7	-	2	72	26	46	0.778	0.5
3	Cronulla Sutherland Baseball Club	12	7	1	4	57	48	9	0.625	1.5
4	Ryde Hawks Baseball	8	5	-	3	39	37	2	0.625	2.0
5	Macarthur Orioles	10	6	-	4	59	38	21	0.600	2.0
6	Canterbury Vikings	9	3	2	4	31	35	-4	0.444	3.5
7	Blacktown Workers	10	2	2	6	38	50	-12	0.300	5.0
8	Central Coast Marlins	11	2	-	9	26	47	-21	0.182	6.5
9	Greater Western Baseball Association	9	1	1	7	21	77	-56	0.167	6.0

State League Standings 3rd Grade & U18's

NSW State Baseball League 3rd Grade										
Position	**Team**	**GP**	**W**	**D**	**L**	**RF**	**RA**	**RD**	**W%**	**GBH**
1	Blacktown Workers	11	8	1	2	93	42	51	0.773	-
2	Baulkham Hills Baseball Club	10	6	2	2	60	38	22	0.700	1.0
3	Canterbury Vikings	9	6	-	3	46	33	13	0.667	1.5
4	Ryde Hawks Baseball	8	4	1	3	38	35	3	0.563	2.5
5	Macarthur Orioles	10	5	1	4	54	50	4	0.550	2.5
6	Greater Western Baseball Association	10	5	1	4	50	48	2	0.550	2.5
7	Cronulla Sutherland Baseball Club	13	6	-	7	59	50	9	0.462	3.5
8	Manly Warringah District Baseball Club	9	3	-	6	45	48	-3	0.333	4.5
9	Central Coast Marlins	12	-	-	12	27	128	-101	-	9.0

NSW State Baseball League U18										
Position	**Team**	**GP**	**W**	**D**	**L**	**RF**	**RA**	**RD**	**W%**	**GBH**
1	Macarthur Orioles	10	9	-	1	102	37	65	0.900	-
2	Blacktown Workers	10	7	1	2	86	36	50	0.750	1.5
3	Ryde Hawks Baseball	9	6	-	3	65	47	18	0.667	2.5
4	Canterbury Vikings	12	7	2	3	67	56	11	0.667	2.0
5	Baulkham Hills Baseball Club	9	5	1	3	66	52	14	0.611	3.0
6	Cronulla Sutherland Baseball Club	11	4	-	7	74	87	-13	0.364	5.5
7	Manly Warringah District Baseball Club	11	3	-	8	75	77	-2	0.273	6.5
8	Central Coast Marlins	11	2	-	9	49	73	-24	0.182	7.5
9	Greater Western Baseball Association	9	1	-	8	19	138	-119	0.111	7.5

State League Club Championship Points Table

	1st Grade	2nd Grade	3rd Grade	Under 18	Bonus	Total
Baulkham Hills	4,114	1,244	560	733	300	6,952
Ryde Hawks	2,743	1,000	450	800	200	5,193
Canterbury Vikings	2,880	711	533	800	-	5,024
Blacktown Workers	3,000	480	618	900	-	4,998
Cronulla Sharks	2,286	960	440	1,080	100	4,866
Macarthur Orioles	2,400	1,000	369	436	100	4,306
Manly Eagles	2,800	291	-	218	-	3,309
Central Coast Marlins	982	1,280	267	327	-	2,856
Greater Western	240	267	489	133	-	1,129

State League Finals Schedule 2020/21

Date	Field	Game	Home	Away	Time
Wed 3rd March	BISP 2	1st Grade Major Semi Final - G1	T1	T2	7.15 pm
Wed 3rd March	BISP 1	1st Grade Minor Semi Final - G1	T3	T4	7.15 pm
Sat 6th March	BISP 1	Under 18 - Minor Semi Final	T3	T4	11.00 am
Sat 6th March	BISP 2	Under 18 - Major Semi Final	T1	T2	11.00 am
Sat 6th March	BISP 1	1st Grade - Minor Semi Final - G2	T4	T3	3.00 pm
Sat 6th March	BISP 1	1st Grade - Major Semi Final - G2	T2	T1	6.30 pm
Sun 7th March	BISP 2	3rd Grade - Major Semi Final	T1	T2	9.00 am
Sun 7th March	BISP 1	3rd Grade - Minor Semi Final	T3	T4	9.00 am
Sun 7th March	BISP 2	2nd Grade - Major Semi Final	T1	T2	12.30 pm
Sun 7th March	BISP 1	2nd Grade - Minor Semi Final	T3	T4	12.30 pm
Sun 7th March	BISP 1	1st Grade - Minor Semi Final - G3 (IR)	T3	T4	4.00 pm
Sun 7th March	BISP 1	1st Grade - Major Semi Final - G3 (IR)	T1	T2	TBA
Wed 10th March	BISP 1	1st Grade Preliminary Final - G1	L Maj SF	W Min SF	7.15 pm
Sat 13th March	BISP 1	Under 18 Preliminary Final	L Maj SF	W Min SF	11.00 am
Sat 13th March	BISP 1	1st Grade Preliminary Final - G2	W Min SF	L Maj SF	6.30 pm
Sun 14th March	BISP 1	3rd Grade - Preliminary Final	L Maj SF	W Min SF	10.00 am
Sun 14th March	BISP 1	2nd Grade - Preliminary Final	L Maj SF	W Min SF	2.00 pm
Sun 14th March	BISP 1	1st Grade Preliminary Final - G3 (IR)	L Maj SF	W Min SF	6.00 pm
Wed 17th March	BISP 1	1st Grade Grand Final - G1	W Maj SF	W PF	7.15 pm
Sat 20th March	BISP 1	Under 18 Grand Final	W Maj SF	W PF	11.00 am
Sat 20th March	BISP 1	1st Grade Grand Final - G2	W PF	W Maj SF	6.30 pm
Sun 21st March	BISP 1	3rd Grade - Grand Final	W Maj SF	W PF	10.00 am
Sun 21st March	BISP 1	2nd Grade - Grand Final	W Maj SF	W PF	2.00 pm
Sun 21st March	BISP 1	1st Grade Grand Final - G3 (IR)	W Maj SF	W PF	6.00 pm

Women's League Finals Schedule 2020/21

Date	Field	Game	Home	Away	Time
Fri 5th March	BISP 1	2nd Grade Womens - Minor Semi Final	T3	T4	7.30 pm
Fri 5th March	BISP 2	2nd Grade Womens - Major Semi Final	T1	T2	7.30 pm
Sat 6th March	BISP 2	1st Grade Womens - Minor Semi Final	T3	T4	3.00 pm
Sat 6th March	BISP 3	1st Grade Womens - Major Semi Final	T1	T2	3.00 pm
Fri 12th March	BISP 1	2nd Grade Womens - Preliminary Final	L Maj SF	W Min SF	7.30 pm
Sat 13th March	BISP 1	1st Grade Womens Preliminary Final	L Maj SF	W Min SF	3.00 pm
Fri 19th March	BISP 1	2nd Grade Womens - Grand Final	W Maj SF	W PF	7.30 pm
Sat 20th March	BISP 1	1st Grade Womens Grand Final	W Maj SF	W PF	3.00 pm

Greater Western Baseball Association Special Offer

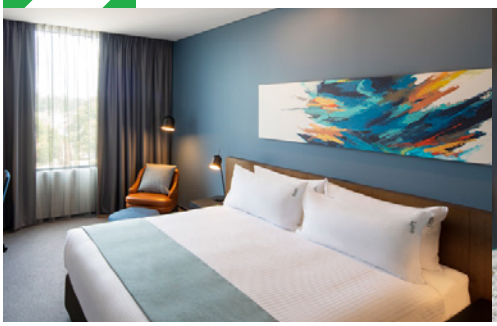
Stay at Holiday Inn Sydney St Marys for your ultimate baseball experience!

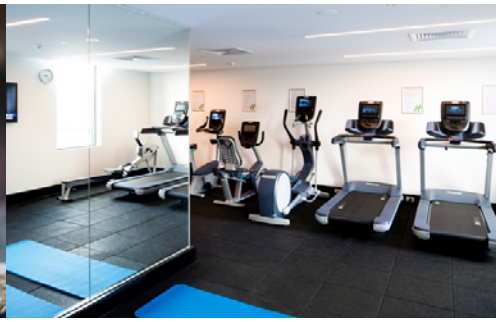
With free parking, four restaurants and an on-site gym, staying with us is an easy choice!

Special Offer for Greater Western Baseball Association $145 per night!*

To book your stay, simply email djohnson@histmarys.com.au and quote Greater Western Baseball Association.

Based on 2 adults in a King Bed or Double Room only. Extra adult occurs an additional $60 charge.
Offer valid until April 2022. Blackout dates may apply.





Club Infastructure Grants Now Open

The NSW Government is offering grants to communities across NSW to support the building, renovation and fit-out of infrastructure.

Funding is available for sport and recreation and arts and cultural infrastructure as well as projects that assist communities with essential infrastructure and disaster readiness.

Baseball NSW has partnered with Red Tape Busters and is offering the clubs a free resource to assist with their grant funding applications.
For more information on Red Tape Busters, please contact:
Andrew Hamilton:
andrewhamilton@redtapebusters.com.au

Infrastructure Grant applications close midnight (AEDT) on Monday, 22 February 2021.

To download the Grants Infrastructure Guide, CLICK HERE

To download the Red Tape Busters EOI form, CLICK HERE

Regional Sport Facility Fund Applications Open

NSW Government is aiming to improve the quality and quantity of sport participation for communities across regional NSW by investing in new and existing facility venues with an allocation of $25 million.

This Fund will ensure there is a network of spaces and places that enable positive sport and active recreation participation and performance at all levels by providing grants between $100,000 and $1 million.

The Regional Sport Facility Fund will give priority to proposals that strongly meet the program objectives, aim and focus and address the assessment criteria.

Application must be submitted by 5pm 26 February 2021

CLICK HERE FOR MORE INFORMATION

Local Sport Defibrillator Grant Program

Applications open for the Local Sport Defibrillator Grant Program.

NSW sports clubs and councils can apply for a share of $1 million to purchase Automated External Defibrillators (AEDs).

An AED is a life-saving device. It delivers a controlled shock to a person experiencing cardiac arrest, increasing their chances of survival. The Local Sport Defibrillator Grant Program provides NSW sports clubs and councils the opportunity to acquire an AED package for their club or sports facility at a reduced cost.

Applications for the Local Sport Defibrillator Grant Program close at 5pm on Monday 12 April 2021.

CLICK HERE FOR MORE INFORMATION

Her Way Her Sport

Nominations are now open for the Her Sport Her Way Awards, recognising and celebrating the achievement of women leaders in sport and the efforts of the sector throughout 2020 in helping provide opportunities for girls and women to get active in NSW.

There are five award categories:

- Young Achiever
- Local Champion
- Outstanding Organisation
- Trailblazers
- Champion

Recipients will be announced at an event around International Women's Day in March 2021.

Individuals and sporting organisations are strongly encouraged to nominate an outstanding coach, official, administrator or leader who has made a significant contribution to inclusive sport for women.

Click here for full details on the Award Guidelines.

Click here for more information or to nominate.

COVID-19 Update

Updated as at 29 January 2021

Complying with the Public Health Order - community sport and recreation activities

The latest version of the Public Health Order relating to gathering and movement, including requirements for sport and recreation activities can be found on the NSW Health website.

The Order outlines the following requirements for a community sporting activity (indoors or outdoors) that involves a gathering of more than 20 participants:

From Monday, 7 December 2020:

- The gathering must not exceed a total of 3,000 participants or a maximum of 1 person per 2 square metres, whichever is lesser for outdoor activities, and a maximum of 1 person per 2 square metres for indoor activities, which includes:

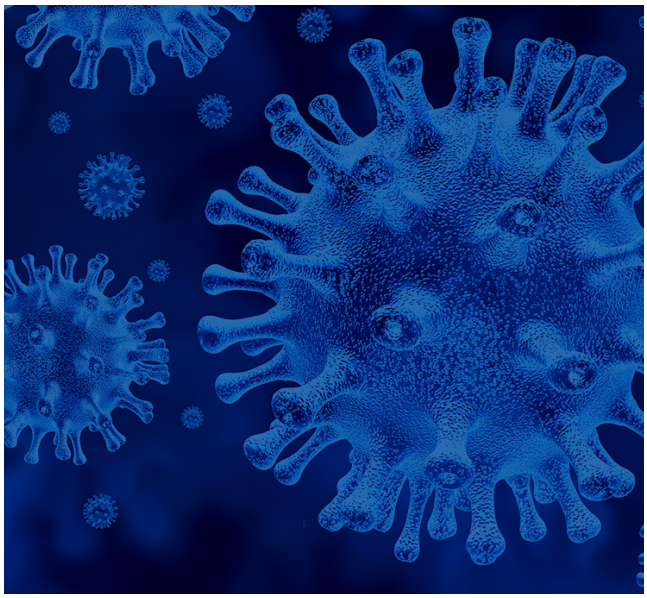
- a person engaged in the sporting activity, and
- an official (including a volunteer) involved in the conduct or organisation of the sporting activity, and
- a spectator of the sporting activity.

- The organiser must:

- develop and comply with a COVID-19 Safety Plan that addresses the matters required by the COVID-19 safety checklist available on the nsw.gov.au website, and
- keep a copy of the COVID-19 Safety Plan and make it available for inspection by an authorised officer as requested.

Community sport organisations are strongly encouraged to review the Public Health Order to ensure that they are complying with the requirements.
Click the link below:

COVID-19 Safety Plan Templates and Checklist



CLAIM TWO $100 ACTIVE KIDS VOUCHERS

All NSW school-enrolled children are eligible for **two $100 Active Kids vouchers** each year. The vouchers can be used with any approved Active Kids provider, to help cover costs towards registration or membership fees for sport and active recreation. **Voucher one is valid January to December** and **voucher two is valid July to December**. After 1 July 2020, the second voucher can be claimed immediately after the first voucher.

HOW TO CLAIM YOUR VOUCHERS

1. **Visit service.nsw.gov.au and login to your MyServiceNSW Account**
2. **Click on the Active Kids icon found in your SERVICE tab**
3. **Fill out the requested information (you will need your current Medicare card)**
4. **Print a copy of each voucher or email it to yourself**

Visit sport.nsw.gov.au/activekids for terms & conditions and FAQs

HOW TO USE YOUR VOUCHERS

1. Find a provider by visiting our website: **sport.nsw.gov.au/activekids**
2. Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number

ACTIVE KIDS

*Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab

How to guide for Schools

Sporting Schools is a $100 million Australian Government initiative designed to help schools increase children's participation in sport and to connect children with community sport. The Australian Sports Commission (ASC) has partnered with more than 30 national sporting organisations (NSOs) to extend the delivery of the program across Australia via their networks of aligned organisations and coaches, ensuring a consistent and quality experience for all.

Does this sound like something you would like to be involved in?

If yes, then get your school to complete the following steps.

1 REGISTER

Your school needs to first register with Sporting Schools to be eligible to apply for funding. Find out how to get started on the Sporting Schools website or for information on registration visit our help centre

2 APPLY FOR FUNDING

If your school meets the eligibility criteria, you can apply for funding each term to deliver Sporting Schools activity (sport packages) before, during or after school hours using one of our NSO partners. For more information about funding visit our help centre

3 BOOK A PROGRAM

Once your school has had their funding application approved you can view, search and apply for sport packages that meet your needs via the online booking system. The booking system will allow your school to administer and manage booking requests including cancellations.

NOTE: Schools without approved funding will only be able to view and search for sport packages. For more information about the booking system visit our help centre

4 REPORT PROGRAM ACTIVITIES

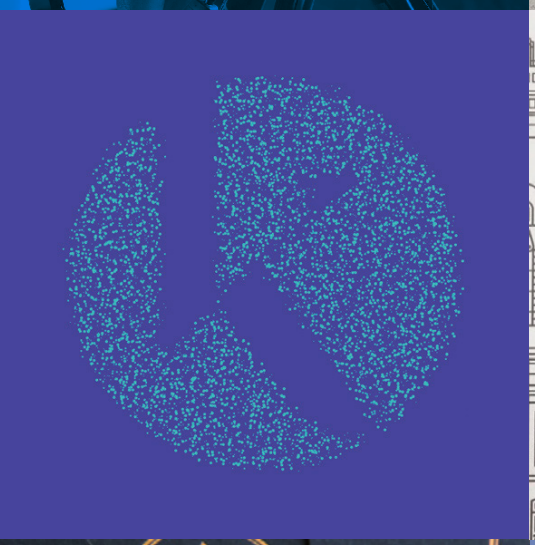
Sporting Schools values your feedback and your school is encouraged to participate in research and evaluation so that we can evolve the program to meet your needs.

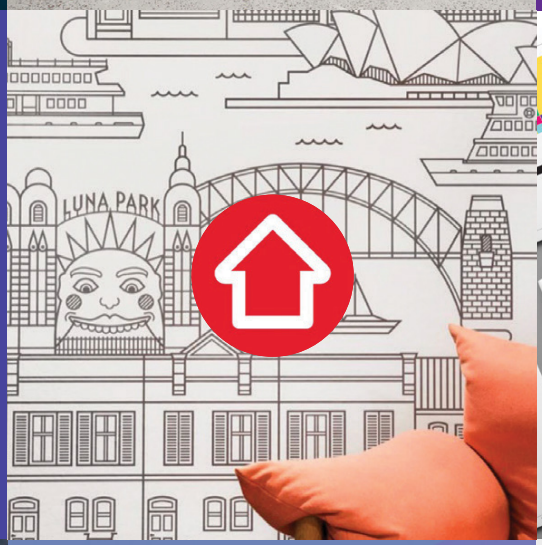
In addition it's vital that your school provides information regarding its activities, so Sporting Schools can measure the impact it's having on children's sport participation across Australia. For more information visit our terms and conditions

5 SUBMIT YOUR ACQUITTAL

It's important that your school completes the ASC acquittal process. Acquitting is the ASC's assurance that your school has used the funds according to the program parameters and terms and conditions For more information about funding acquittals visit our help centre.

Watch the video here.





Derringer is a compact creative agency with big ideas and extensive experience. We're responsive, resourceful and adapt quickly to change and opportunity. Our team of award-winning designers, strategists and creative thinkers are experts in building relevant and transformative brands that help businesses evolve and prosper.

Derringer is the proud design agency of Baseball NSW.

We can help with:

- Branding
- Visual identity
- Brand strategy
- Print collateral
- Publication design
- Packaging design
- Signage & environments
- Internal communications
- Websites
- Art direction
- Campaigns
- Social media
- Retail
- Video
- Photography

Need some expert help? We'd love to hear from you!
Visit **derringer.com.au** or email **matt@derringer.com.au**

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